

ABSTRACT

A shoe having ankle support for preventing an unwanted ankle movement during a predetermined activity comprises a support piece having an ankle support and legs extending 5 downwardly from the ankle support where the legs are removably inserted down in a pocket formed on an outer surface of an ankle side shoe portion. The shoe further comprising a heal support pad embedded in the foot cover member extending around the heel of a wearer, a cap 10 covering the ankle support of the support piece, and a cover band extending over each pocket and cap to secure the cap.